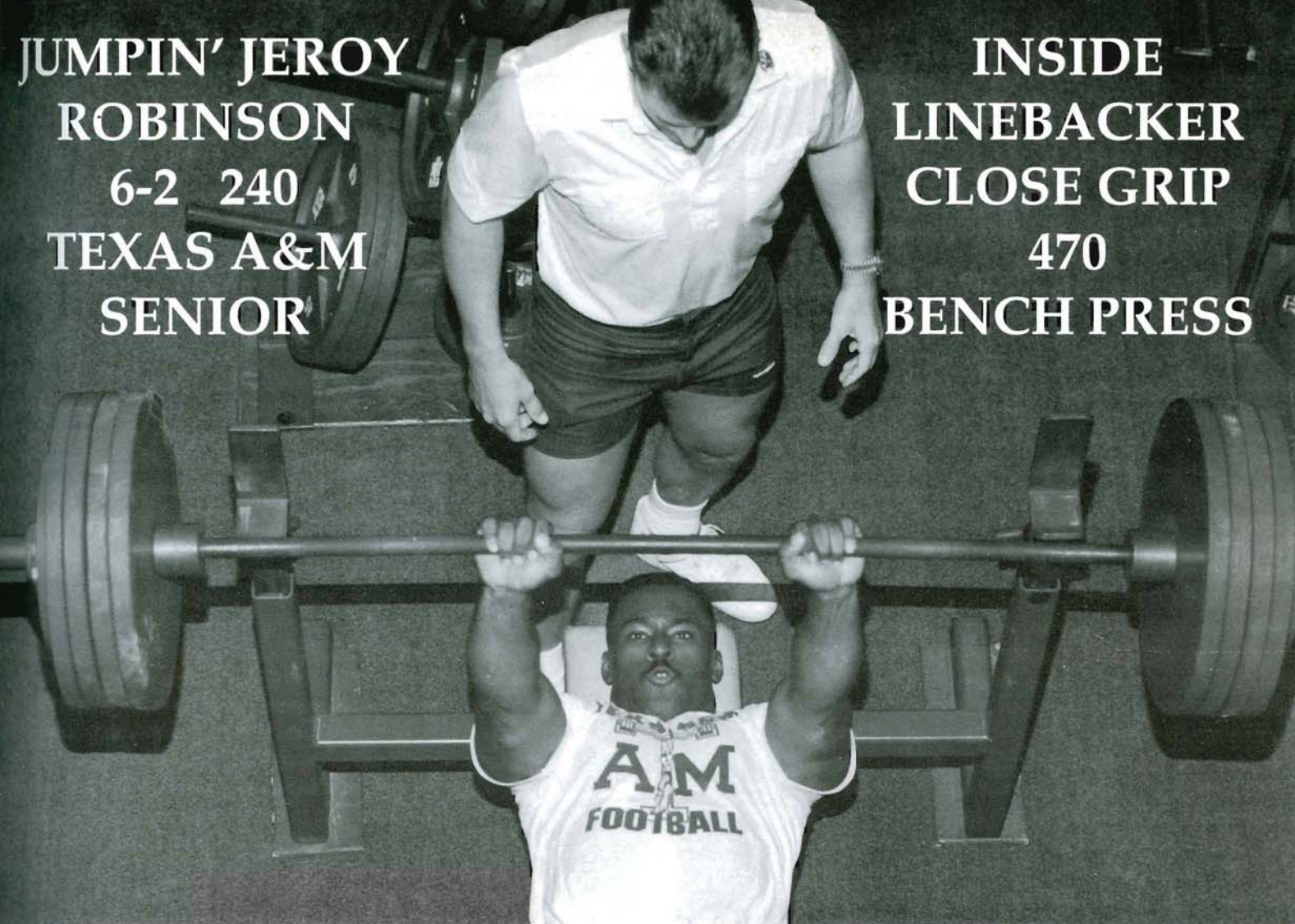


**JUMPIN' JEROY  
ROBINSON  
6-2 240  
TEXAS A&M  
SENIOR**

**INSIDE  
LINEBACKER  
CLOSE GRIP  
470  
BENCH PRESS**



**By Greg Shepard**

Editor's Comments: Bert Hill, Texas A&M strength coach is shown spotting in all photos. Jeroy does a Close Grip Bench Press because, "I'm lifting for football not powerlifting."

Jumpin' Jeroy Robinson was poised and ready. Texas A&M Strength Coach Bert Hill was nervous as he prepared to spot his prize pupil. Coach Hill wasn't spotting for a Bench Press or a Squat. Jeroy psyched himself in front of a 54 inch box. He was going to squat down and jump up on that box just like a cat. In an instant it was over. Coach Hill was beaming and Jeroy was standing atop the box.

I love the Box Jump because it is so much like a maximum attempt on a Squat or Clean. It's a little scary. You have to think about your form and get psyched. When you're successful, you feel great. Your self concept expands. You grin. You feel terrific!

When I saw that Jeroy could Box Jump 54 inches, Vertical Jump 38 inches and do a Standing Long Jump of 11 feet, I instantly thought of a title, "Jumpin Jeroy Robinson". That kind of explosive power for a 6-2, 240 pound inside linebacker puts Jeroy in an elite class. We

call it Upper Limit!

Jeroy has been at it a long time. He started lifting in the 6th grade on a universal gym and then graduated to free weights. Jeroy states, "Free weights are much better. Machines like Nautilus don't do too much. I don't think I'd get anything out of machine work."

At Bryan High School in Texas, Coach Patterson helped Jeroy a lot. "We got after it," Jeroy remembered. "Lifting became like a hobby." Jeroy helped his high school team to an 11-1 record during his junior year and a 7-3 record the next under Coach Merrill Green. He was a first team Texas All-State Linebacker and also threw the Shot Put 60 feet in his senior year.

Jeroy lived with his mother and sister. His father died when he was still in grade school. "I owe everything to my mom," Jeroy gratefully acknowledged. "She got me started in football. I wanted to be a basketball player but she kept me working on football. She'd drive me to and from football and weights. She always encouraged me about my education. I grew up to like school and never missed a class."

Jeroy is majoring in Sports Medicine and maintains a solid 2.5 GPA. Unlike many, Jeroy did not have a red shirt year and plans to graduate in his fifth year during

*Story continued on next page*



# #97 JUMPIN' JEROY ROBINSON

"Jeroy Robinson is a tremendous leader who has a great work ethic. He has achieved and been successful because of those qualities. In four years, Jeroy has never missed a workout. He's as solid as they come."

Bert Hill, Strength Coach  
Texas A&M University



May of 1991. Jeroy has always wanted his college education in case football didn't work out. He's had to wait for his turn in football. Every year, Jeroy has had top NFL picks ahead of him until now in his senior year. Last spring Jeroy was switched to inside linebacker and loves it and feels he's built for it. Previously, he was an outside linebacker but now his strength and quickness gives him versatility. Not only can he now play inside linebacker, but once in awhile Jeroy gets down and plays noseguard. Centers have a tough enough time with his strength but his quickness causes them nightmares. As far as pro football is concerned, Jeroy will take it to the limit and when it's over, he'll go into corporate fitness and use his sports medicine degree.

Jeroy has been accused of being on steroids because, "You weren't that big as an 8th grader." Exasperated, Jeroy shook his head, "Heck no, I wasn't as big then. What do you expect. Hey, I've done everything natural. I get real tired of hearin' it. I mean if I didn't work my butt off in the weight room I could understand people sayin' it."

Coach Hill affirmed that Jeroy has tested clean for steroids even at random tests. Jeroy declared, "Even when I was younger, I'd lift so hard my arms would be numb. One time I couldn't lift my arms to eat I was shakin' so bad. When I go to the weight room, I want to always get better. I like to be challenged. I don't have to sit in a corner to get psyched. I love lifting. I'm psyched all the time. I perform better when people push me. The thing I want most is to beat you."

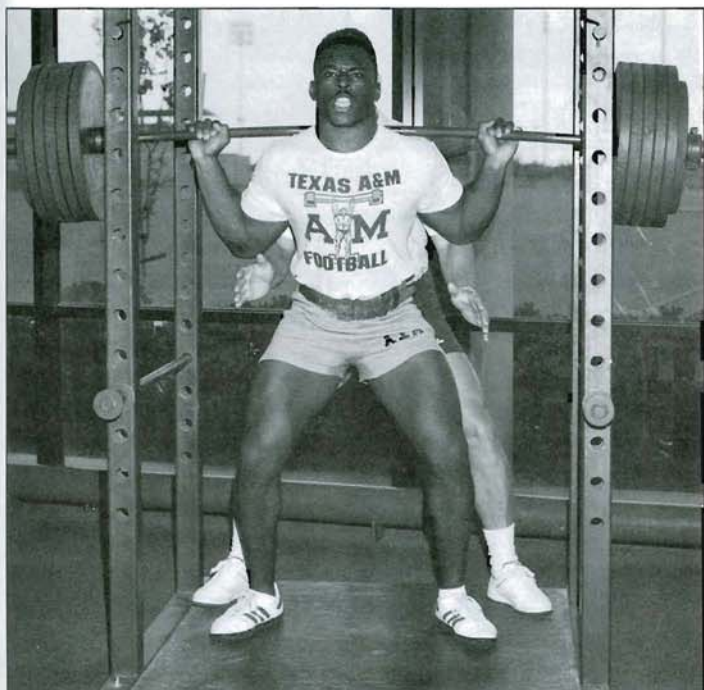
Jeroy responded to a question on peer pressure's effect on drugs and alcohol. "It had no effect on me in high school. All the athletes hung around together, so I never got drunk. I can't stand smoke. We had fun just hangin' out. Our biggest thing was to go play college

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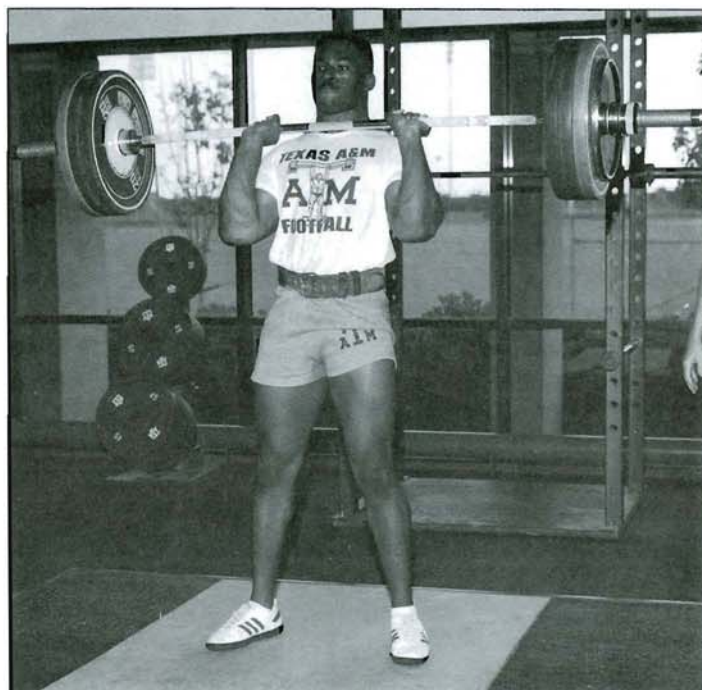


# TEXAS A&M'S JEROY ROBINSON

Continued from  
page 90



*Jeroy has Parallel Squatted 590 lbs.*



*Jeroy's Power Clean: 350 lbs.*

ball. I never even thought about drugs. Here at Texas A&M there is no pressure. I don't understand peer pressure. I don't hang around people like that. Alcohol doesn't do anything for me. I don't understand what people see in it. Me, I like milk—about a gallon a day."

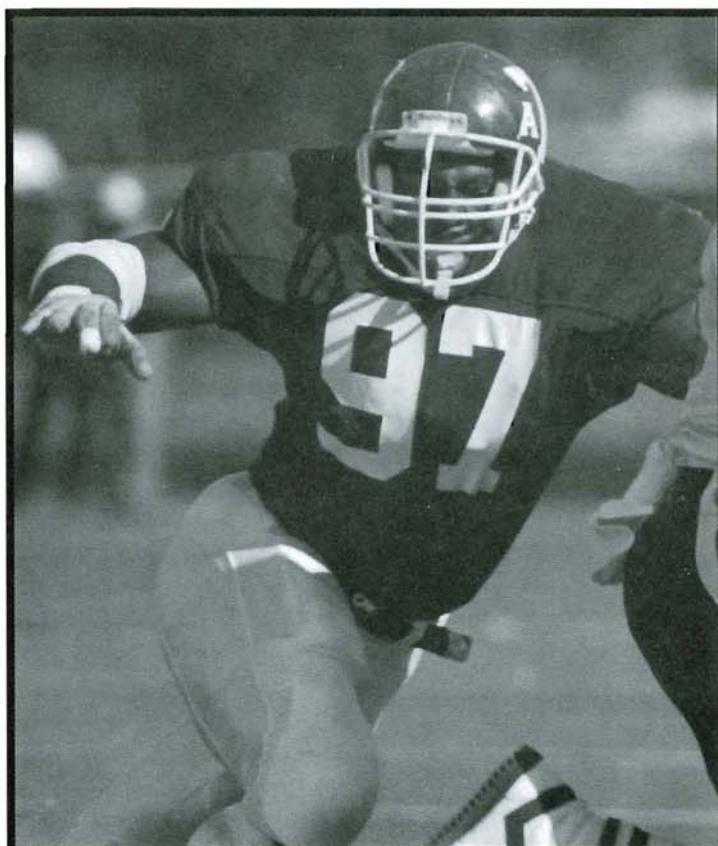
Jeroy was raised a baptist and believes that his religious beliefs has helped keep his head on straight. "I've been blessed and put God first in my life. I surround myself with people who don't let me forget that. Coach Shepard, just tell the kids for me to put God and family first followed by their education. Work hard at your sports. Make the best of this time and hang in there!"

We thank Jeroy and Coach Hill. Two Upper-Limit men who deserve success!

## JEROY'S PROGRESS CHART

	10	11	12	FR	SO	JR	SR
<b>Weight</b>	200	210	220	229	235	235	240
<b>40</b>	4.7	4.7	4.7	4.6	4.6	4.6	4.5
<b>Squat</b>	450	470	510	550	550	570	590
<b>* Bench</b>	345	375	390	440	440	450	470
<b>Clean</b>	225	250	275	300	315	330	350
<b>Incline</b>	X	X	X	320	340	350	370

\* Close grip



"Me, I like milk—  
about a gallon a day."  
*Jeroy Robinson*

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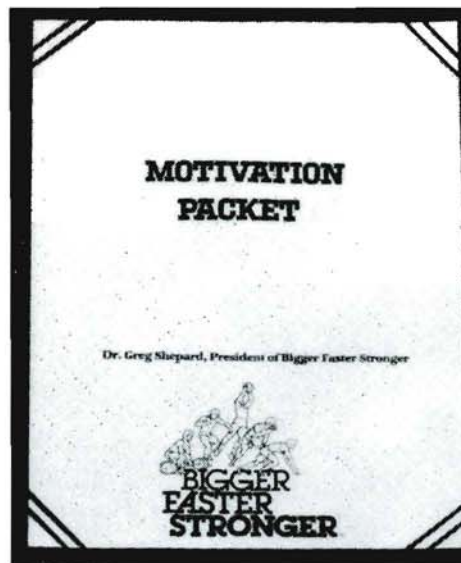
# JUMPIN' JEROY ROBINSON



**"I Don't Have To Sit In A Corner To Get Psyched. I Love Lifting. I'm Psyched All The Time."**

**Jeroy Robinson**

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